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Items of Interest:

The 12 Steps to a Healthy Holiday. Give the gift of health and safety to yourself and others by following these holiday tips:

1. Wash hands often to keep yourself from spreading germs and getting sick,
2. Bundle up and stay dry to keep warm,
3. Manage stress,
4. Don't drink and drive,
5. Be smoke-free,
6. Fasten seat belts while driving or riding in a motor vehicle,
7. Get exams and screenings,
8. Get your vaccinations,
9. Monitor the children.,
10. Practice fire safety,
11. Prepare food safely,
12. Eat healthy and exercise.

Don't let the holiday stress get to you and your loved ones. Following these tips can make for a more manageable and fun holiday. For more information, visit www.cdc.gov.

Navy and Marine Corps Medical News

A Public Affairs Publication of the Bureau of Medicine and Surgery

Surgeon General Visits NSA Bahrain, Camps Arifjan and Buehring

By Mass Communication Specialist 2nd Class Ron Kuzlik, Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet

MANAMA, Bahrain - Vice Adm. Adam M. Robinson Jr., the U.S. Navy Surgeon General and Chief of Bureau of Medicine and Surgery visited the Branch Medical Clinic on board Naval Support Activity (NSA), Bahrain Dec. 6.

His trip to area medical facilities in the U.S. Central Command (CENTCOM) area of responsibility was the first since assuming the duties and responsibilities as the Navy's top doctor in August.

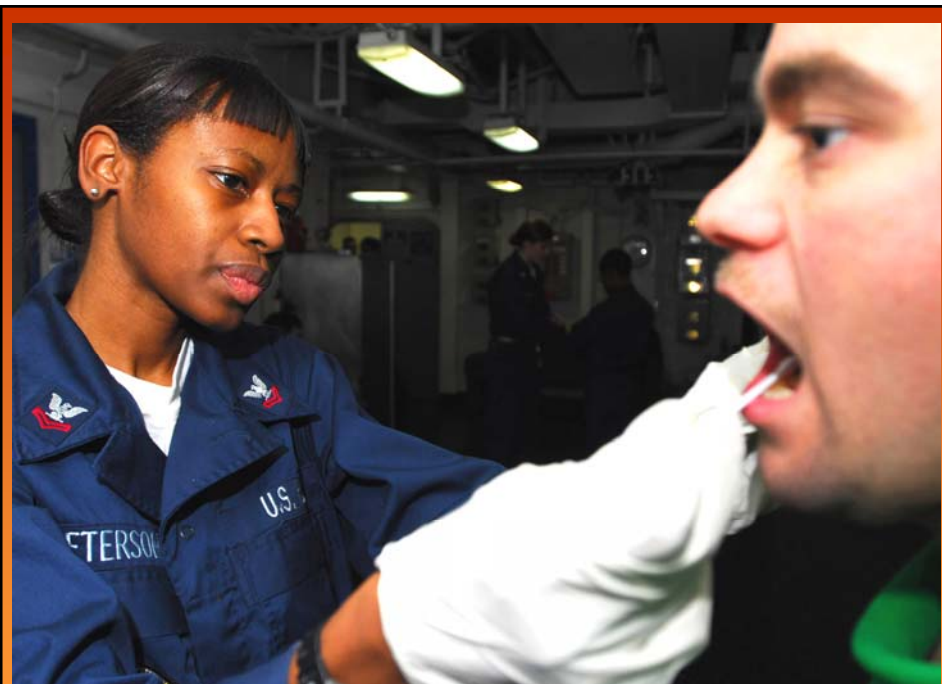
The visit was intended to get a strategic view of the medical presence and services the Navy is providing to U.S. and Coalition forces

in a region encompassing the Arabian Gulf, Red Sea, Gulf of Aden and parts of the Indian Ocean.

"We have the ultimate responsibility in ensuring the medical readiness of our warfighters to make sure that our medical forces are prepared, trained and deployed with the right capabilities to support our warriors," Robinson said.

After visiting Bahrain, Robinson headed to Camp Arifjan to meet with Navy hospital corpsmen, doctors, dentists and nurses at the home of the U.S. Army Central Command, the Army component commander for CENTCOM. It also houses a 44-bed U.S. military hos-

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ATLANTIC OCEAN - Hospital Corpsman 2nd Class Antoinette Peterson takes a swab sample from Aviation Machinist's Mate 3rd Class Roger Cunningham to submit for a bone marrow drive aboard the amphibious assault ship USS Nassau (LHA 4), Dec. 12. *U.S. Navy photo by Mass Communication Specialist 3rd Class Coleman Thompson*

NHRC Psychologist-Turned-Author Wraps up Cross-Country Book Tour

By Larry Coffey, Navy Medicine Support Command Public Affairs Office

NAVAL HEALTH RESEARCH CENTER (NHRC) SAN DIEGO –

The deputy coordinator for the Navy's Combat/Operational Stress Control program continues receiving phone calls from the media requesting interviews after nearly five weeks of publicity following the October publication of her book, "Rule Number Two: Lessons I Learned in a Combat Hospital."

Heidi Kraft, a former lieutenant commander in the Medical Service Corps who served with the Marines in Iraq, is a civilian clinical psychologist here. Her book describes some of her experiences in Iraq, where she served as a combat psychologist from February to September 2004.

Kraft took a leave of absence from NHRC, crisscrossing the country to appear on national TV and radio networks like CNN and National Public Radio, and conduct newspaper interviews with publications like Navy Times, Chicago Tribune and Seattle Times.

"What an experience!" she said. "The first weekend included a ceremony called 'The Inspire Summit,' co-hosted by CNN and L'Oreal Paris. It honored eight 'women who inspire' in areas of politics, athletics, business and the battlefield. I was honored to be one of the awardees in the latter category."

Kraft wrote her book from the perspective of a mental health provider. She served with a psychiatrist and two enlisted psychiatric technicians as a member of the sur-



SAN FRANCISCO – Heidi Kraft (left) speaks with attendees from an author's forum talk and book signing at the Marine Corps Memorial Club San Francisco, Nov. 27. U.S. Navy photo by Larry Coffey

gical company's four-person Combat Stress Platoon. The team was responsible for the mental health care of the thousands of US Marines

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Bremerton Corpsman Volunteering Efforts Help Save a Life

By Douglas H Stutz, Naval Hospital Bremerton Public Affairs Office

NAVAL HOSPITAL BREMERTON, Wash. - Helping to make the difference between life and death. Simply put, that's what any Navy hospital corpsman does, and Kenneth Boyce is no exception.

He did it a drop of blood at a time.

Hospital Corpsman 2nd Class (SW) Kenneth Boyce recently participated in a bone marrow transfusion through the Department of Defense Marrow Donor Program, which essentially helps a patient to successfully battle a life-threatening progressive disease.

"I became a corpsman to help people, and we all help people by donating blood, but this program goes far beyond," explained Boyce. "If a donor in the program can be matched up, a life is saved. As a corpsman, that's automatic."

In 2005, while serving on USS Lake Champlain (CG 57), Boyce was one of approx 40 other crew members to sign up for the program, named for Congressman C.W. Bill Young, who initiated and supported the development of the National Marrow Donor Program (NMDP) and the DoD program for unrelated donor marrow transplantation.

It was an automatic decision for Boyce.

The initial process is a simple one. A prospective donor gives a vial of blood, a quick buccal swab, and the samples are sent off, along with necessary information and paperwork. Boyce joined the data-base, knowing that he could one day be called upon to help combat any of 70 different potentially fatal diseases that

can be cured by replacement of diseased marrow from a healthy donor.

The bone marrow itself is soft tissue located in the bones' hollow interior. In adults, marrow in large bones produces new blood cells. A malignant disease or a specific cancer can cause negative impact on a person's normal bone marrow. In treating a cancer patient with radiation and/or chemotherapy, most of that person's bone marrow will be destroyed. That leads to a vastly weakened immune system. But by performing a transfer of well-matched bone marrow from one person to another, it is possible to begin the start of the necessary blood cell production a body needs to survive. The transplanting trick is to match a needed recipient with a willing donor.

Anonymously, his data lingered for well over a year. Then he was contacted by the program with a simple but leading question, "are you still interested in being a donor?" He looked to be the best overall match, and was needed, one drop of blood at a time. "I said absolutely," related Boyce. "My chain of command was all for it and very supportive."

After a physical exam and then a few more blood samples, Boyce, along with his father for moral and emotional support, was flown out to the program site in Fairfax, Va. to begin a five-day long prepping stage. He received comprehensive instruction, personal attention and health/medical evaluation throughout the process.

"I was given two shots a day to prepare for the transfusion. The shots help build up blood stem cells in the sys-

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Naval Hospital Jacksonville Remembers Pearl Harbor Day

By Marsha Childs, Naval Hospital Jacksonville Marketing

JACKSONVILLE, Fla. - Naval Hospital Jacksonville honored at morning Colors on Dec. 7 the memory of those who survived and those who perished during the Pearl Harbor attack 66 years ago. Commanding Officer Capt. Raquel Bono hosted two members of the Chapter 6, N.E. Florida Pearl Harbor Survivors Association.

Guest speakers were Henry Griffin, then a 19-year-old private, was dining at Schofield Barracks when the air attack began and retired Chief Petty Officer Leonard Purifoy, a 23-year-old sailor, who was relieving the watch in the fire room aboard the USS Utah (BB31/AG16), when the ship was torpedoed and sank. Both spoke about their experiences and thanked the staff for their continued efforts.

Griffin explained he was "a plain old Army dogface, an infantryman

who was out there in it, with it and among it." He was eating breakfast in Schofield Barracks, a three-story concrete building, when two Japanese zeroes strafed the mess hall. The soldiers took cover between the windows as bullets flew through the air. "I was scared to death. I didn't know which end was up," he said. Following the attack, he was assigned to a unit that dug machine gun positions into the cliffs along the north shore. "We started a job that was assigned to us in 1941 of December. We did our part of it and turned it over to you. We beg you to finish it like it should be finished."

Purifoy recalled that infamous morning aboard the USS Utah, a Florida-class dreadnought battleship with teak decks covered with six inches of timber. The ship had been disarmed and converted to an auxiliary ship that was being used as a water-bombing target ship at the time. He was relieving the



NAVAL HOSPITAL JACKSONVILLE -
(Left to right) Pearl Harbor survivors Henry Griffin, Leonard Purifoy with daughter Mary Purifoy, Battle of Midway survivor James Cunningham and LaVern Smatia are flanked by the Naval Hospital Jacksonville Sailors of the Year nominees as they watch the hospital's Color Guard perform during the Pearl Harbor Day observance, Dec. 7. U.S. Navy photo by Hospital Corpsman Leeann Lowman

watch in the fire room when the attack began. "All hell broke loose," he remembered. "When the

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Surgeon General continued...

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pital primarily staffed by Navy personnel from Expeditionary Medical Facility-Kuwait (EMF-K).

Composed of 350 Navy medical personnel from 30 different healthcare facilities, EMF-K plays a vital role in supplying and sustaining combat operations by providing medical care to the approximately 20,000 coalition forces in the Kuwaiti Theater of Operations.

"Trauma support, internal medicine, and preventive medicine are only a part of the equation," Robinson said.

Bremerton continued...

(Continued from page 2)

tem, said Boyce. "It is an invasive procedure though, and as a result, I did get some strong headaches. But there's always someone on call around the clock to come and assist whenever needed."

After Boyce received his final two shots, he grabbed a bit to eat, then leaned back in comfortable chair, donated his share of blood needed for the transfusion while viewing a DVD movie. "The entire process was very smooth," Boyce said. "I was exhausted afterwards, but in five days, I was back to my old self. The program center called a few days later to ensure all was okay, to see if there was any lingering bone pain or muscle aches. They are very thorough."

Anonymity is guaranteed between donor and the re-

"The capabilities of EMF-K are so sophisticated because they include critical care, mental health, behavioral health and all forms of general and plastic surgery."

The Surgeon General then met with Navy medical personnel at Camp Buehring, Kuwait, 15 miles from the Iraqi border. Camp Buehring serves as the last training and staging base for troops heading into Iraq.

EMF-K provides medical care to another 10,000 Coalition troops at Camp Buehring, sustaining the warfighter and the war effort.

ipient, although Boyce was told some vague specifics of the person in need. "At the one-year mark, if we both decide to contact, we can send a card without personal info if we so chose," said Boyce. "I'm all for contacting, and I can also donate again if the first time didn't work." "The program is very effective," Boyce stated. "I encourage people to help out, get involved and volunteer. It's very easy and can literally save a life." One drop of blood at a time.

To contact for more info, please call 1-800-MARROW-3 (1-800-627-7693) or (301) 984-1515; or E-Mail at Public Affairs Officer at publicaffairs@didmarrow.com or Recruiting Officer at recruitment@dodmarrow.com.

HAPPY HOLIDAYS 2007!

Tarawa Completes Military Element of Humanitarian Operations in Bangladesh

From USS Tarawa Public Affairs

USS TARAWA, At Sea - The amphibious assault ship USS Tarawa (LHA 1), as well as elements of Amphibious Squadron 1 and the 11th Marine Expeditionary Unit (MEU) Special Operations Capable (SOC) completed the military support element of ongoing disaster relief operations in Bangladesh on Dec. 7.

At the request of the government of Bangladesh, Tarawa Sailors and Marines brought significant air, sea and medical capabilities to the region from Dec. 3-7, providing additional aid and comfort to the victims of Tropical Cyclone Sidr following the initial support provided by USS Kearsarge (LHD 3).

"The Sailors and Marines of Tarawa did an outstanding job completing the military assistance element of this humanitarian mission," said Capt. John Miley, commodore, Amphibious Squadron 1. "I know everyone on board was glad to be able to help provide disaster relief to the people of Bangladesh after their devastating losses following the cyclone."

Tarawa Sailors and Marines delivered over 49,000 pounds of supplies, including blankets, water purification tablets and food.

"The blue-green team worked efficiently, they worked effectively and most importantly, they worked safely in some challenging conditions," said Col. John Bullard, commander, 11th MEU (SOC). "But I think it was evidence of how effective sea-based operations are for relief

efforts—we had a minimal footprint ashore, but we were still more than able to deliver significant relief to those places most in need."

Heavy and medium-lift helicopters from Tarawa flew over 29 sorties in 43.5 hours in support of the relief operations. Two medical teams additionally provided care to nearly 727 patients in just three days.

"Not only were we a blue-green team from having trained extensively for this type of operation, we integrated really well with the local Bangladeshi medical personnel," said Lt. Jackie Jensen, family physician, Fleet Surgical Team 3. "Although treating storm related injuries such as cuts, bruises, and broken bones was our primary goal, we had a great opportunity to cooperate with local Bangladeshi hospitals and maximize medical treatment."

"Only by working together with our Bangladeshi counterparts were we able to complete the military portion of the relief effort and assist them in transitioning to a fully civilian effort," said Miley. "Tarawa Sailors and Marines were glad to be able to participate and make that transition as easy and seamless as possible."

Tarawa and elements of the 11th MEU (SOC) arrived on-station after being redirected from a regular scheduled deployment to the Western Pacific and the Middle East in support of the global war on terrorism and will continue on their scheduled deployment to perform maritime security operations or other missions as required.

Kraft continued...

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in Western Iraq.

Among Kraft's responsibilities was providing 'cot-side' intervention for medical patients who were dying, were pre- or post-surgery, or who had just learned that one of their buddies had died. It was one of these cot-side interventions that had the most profound effect on Kraft's life. She cared for a Marine corporal named Jason Dunham after he suffered a serious head injury that eventually led to his death.

Dunham died at the National Naval Medical Center Bethesda,

Md., with his parents at his side. Corporal Dunham was awarded the Medal of Honor posthumously Jan. 11 by President Bush. Kraft attended the White House ceremony at the invitation of Dunham's mother.

"They were the proudest three days of my life," Kraft said. "I wore my dress blues and was the only Sailor amidst 65 Marines in their own dress blues. We were proud to be counted among a limited number of invited guests of the family."

It was toward the end of the brutal, blistering, endless summer in Iraq that Kraft decided to write a list of things that were good and

bad about Iraq. That "list" later became a book that took about a year to complete, not counting the breaks in between.

"I didn't realize until it was totally finished that it was a book," Kraft said. "Jason Dunham's mother was actually the reason I agreed to submit the manuscript for publication. She told me that the mothers of America do not know that there are people out there who are holding their sons' and daughters' hands when they are hurt, or in pain, or afraid. How could I say no to that?"

Navy Surgeon General Presents Local Sailor with Award

By Lance Cpl. Doug Payne, Marine Corps Air Station Cherry Point, N.C.

MARINE CORPS AIR STATION CHERRY POINT, N.C. – A local Sailor received the Lewis L. Seaman Junior Enlisted Award for outstanding operational support during a ceremony in Salt Lake City, Utah, Nov. 14.

The award was established in 1998 to recognize an enlisted medical healthcare professional who has made a significant impact in the areas of patient care, clinical support or healthcare management and to their service's medical mission.

Hospital Corpsman 1st Class Tina Close, with the Cherry Point Naval Health Clinic, volunteered for the Army Individual Augmentee program in early 2006 and was assigned to Kabul, Afghanistan, for a deployment in support of Operation Enduring Freedom from March 2006 to May 2007.

While in theater, Close and her team of 24 Air Force and Army medics and Navy corpsmen were involved in a multitude of convoys and medical missions. She said it was not uncommon for the team to assist and evaluate up to 4,000 patients in a two-to three-day period for anything ranging from baby formula preparation to much more

serious and complex ailments.

Master Chief Hospital Corpsman Steven Olson, the Cherry Point Naval Health Clinic command master chief, said he submitted Close for the award after a push from the Bureau of Medicine and Surgery.

"Close was still in Afghanistan at the time, and I felt she really fit the categories for the award," said Olson. "She demonstrated exceptional leadership capabilities in her billet, taking charge of several corpsmen from other services while she was deployed."

Olson also said Close's professionalism was one of the main reasons she was selected for deployment in the first place. In addition to her normal duties, Close is the Cherry Point Naval Health Clinic command career counselor. With this billet, she is charged with diligently monitoring the career progression for more than 140 Sailors.

"She is a strong leader and always displays a positive attitude," Olson said. "I'm glad I was able to put her up for recognition."

After Olson's submission, Close was selected as the Navy Medicine's candidate for the Department of Defense-wide competition, before being selected for the award by the Association of Military Surgeons of



SALT LAKE CITY, UT - Chief Petty Officer Laurie Varner (left), the leading chief petty officer of materials management with the Cherry Point Naval Health Clinic; Master Chief Petty Officer Laura Martinez (left center), the Bureau of Medicine and Surgery Force Master Chief; Hospital Corpsman 1st Class Tina Close (center), with the Cherry Point Naval Health Clinic, and Vice Admiral Adam Robinson (right), the Navy Surgeon General; stand together after an Association of Military Surgeons of the U.S. award ceremony, Nov. 14. *U.S. Marine Corps photo by Lance Cpl. Doug Payne*

the United States.

"It was definitely an honor to receive the award from the Navy's Surgeon General," said Close. "It was very competitive and I was pleased to have even been nominated."

Pearl Harbor continued...

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first torpedo blew out the boilers in the Number Two Fire Room, I ran like the devil." Water was pouring



Bureau of Medicine and Surgery
2300 E Street NW
Washington, DC 20372-5300

Public Affairs Office
Phone: 202-762-3221
Fax: 202-762-1705

through the porthole as he ascended the ladder to the main deck. Bullets were splintering the wooden deck right in front of him. He recalled removing his shoes and placing them side-by-side just prior to entering the water. The ship was listing badly and turned bottom-up in eight minutes. "I yelled I couldn't swim, but I must have because the coxswain told me later that I out-swam the Captain's gig," he laughed.

Also serving in the Pacific during the Battle of the Midway in June 1942, was Chief Petty Officer James Cunningham, stationed aboard the USS Hammann (DD-412). The

Hammann was sunk by two Japanese torpedoes. Of a crew of more than 240 only 85 survived. Still, the battle was a turning point in the war and exacted revenge for the Pearl Harbor attack. "In the Midway battle," Cunningham stated, "we sank four Japanese carriers—the same four that attacked Pearl Harbor."

During the ceremony benediction, hospital chaplain Cmdr. David McElwain acknowledged "Theirs was the first sacrifice, the first commitment to duty, the first blood to be spilled, which shocked our country into the resolve to win against a determined enemy."